



## **Discharge Instructions for Colostomy Reversal**

### **After Surgery**

- Pain is expected after your surgery. Your provider will prescribe you a narcotic medication that will help with your pain. Please use as directed and if not needed, don't take it. If the pain medication that is prescribed to you is not helping, please call the office at 816-525-2840.
- Previous ostomy site care:
  - Pull back wick 1cm per day until entirely removed from previous ostomy site.
  - Keep site covered with clean gauze. Change gauze daily and as needed.
- Right after surgery and while on pain medication we ask that you use medications to prevent constipation:
  - Miralax 17gm once or twice a day.
- You may shower 24hrs after surgery. No soaking in a bath x 2 weeks and while ostomy takedown site is still healing.
- It may take some time before your bowel movements return to normal. Some patients have constipation or diarrhea, but this usually gets better with time.
- After every bowel movement, it may help if you do the following:
  - Wash the skin around your anus with warm water.
  - Pat it dry with a soft cloth.
  - Apply a barrier cream.
  - Avoid using baby wipes, talcum powder or scented toilet paper as they can cause further irritation.
- Other possible issues that may arise include needing to go to the toilet more often or more urgently than usual, passing gas, and some bowel incontinence or leakage.
- Move your legs around while laying / sitting. If you are able to walk around, this will help to prevent a blood clot in the legs or pneumonia.
- Please avoid the following:
  - Driving / working / big decision making while taking narcotics.
  - Soaking in a tub / hot tub / any water for 2 weeks after your surgery date.
  - Swimming for 2 weeks after your surgery date.
  - Heavy lifting (no more than 15 lbs.) for 4 weeks after surgery date.
  - Strenuous activity for 4 weeks.

### **When should I contact my doctor after surgery? 816-525-2840**

- Fever 101° or greater.
- Pain that is not relieved with pain medication.
- Redness, bleeding, and/or foul drainage from the incision area.
- Pain/redness in either calf.



- Persistent nausea and/or vomiting.
- Severe diarrhea or bloating.
- Unable to urinate